What is claimed is:

1. A lighting unit that provides adjustable beam spread, including at least one lighting cell comprising:

an elongated electric lamp having a first and second end; an elongated reflector having a generally parabolic cross-sectional shape, symmetrically disposed about a central plane of symmetry that extends from a closed rear region of the reflector to a generally rectangular frontal light-exit aperture;

a first mounting assembly made and arranged to support the first end of the lamp relative to the reflector;

a second mounting assembly made and arranged to support the second end of the lamp relative to the reflector;

the first and second mounting assemblies being made and arranged to support the lamp located in the central plane, substantially parallel to the rear of the reflector and in a manner to be user-adjustable without tools with regard to spacing between the lamp and the rear region of the reflector.

- 2. The lighting unit as defined in claim 1 wherein said first and second mounting assemblies are made and arranged to provide three preset light source locations with different separation from the rear region of the reflector corresponding to three designated angles of beam spread.
- 3. The lighting unit as defined in claim 2 wherein the lamp is a U-shaped tubular fluorescent lamp, known as biax, having a curved end and a double contact end, and wherein:

the first mounting assembly comprises a first base bracket mounted fixedly relative to the reflector near a first end thereof and extending within the reflector, a socket-mount bracket adjustably attached to the first base bracket, and socket means for electrically connecting to the double contact end: and

the second mounting assembly comprises a second base bracket mounted fixedly relative to the reflector near a second end thereof and extending within the reflector, a lamp-holder bracket, adjustably attached to the second base bracket, made and

arranged to support the curved end of the lamp; the first and second mounting assemblies each being provided with a user handle made and arranged to enable a user to conveniently deploy any one of the three preset light source positions and thus cause the lighting unit to produce a corresponding one of the three predetermined angles of beam spread.

- 4. The lighting unit as defined in claim 3 further comprising:
- a pair of slotted openings configured in the first base bracket in a predetermined pattern;
- a pair of spring-loaded fasteners made and arranged to urge the socket-mount bracket against the first base bracket and to allow a travel range there between enabled by the pattern of the slotted openings;
- a spring-loaded set pin attached to the socket-mount bracket, made and arranged to interact in a detented manner with three spaced openings configured in the first base bracket to implement the three preset light source locations.
- a pair of slotted openings configured in the second base bracket;
- a pair of spring-loaded fasteners made and arranged to urge the lamp-holder bracket against the first base bracket and to allow a travel range there between constrained by the pattern of the slotted openings; and
- a spring-loaded set pin attached to the socket-mount bracket, made and arranged to interact with a selected one from a row of three spaced round openings configured in the first base bracket in a detented manner to implement the three preset light source positions.
- 5. A lighting unit as defined in claim 1, implemented as a dual unit, further comprising:
 - a second similar lighting cell;
- a metal housing made and arranged to contain the two lighting cells stacked one above the other;
- a metal mounting yoke in a generally U shape with two arms extending against opposite ends of the metal housing, attached

thereto in a swivel manner; and

clamping means for securing the mounting yoke to the housing for deployment of the lighting unit.